

**For additional information
please contact:**

DHEC:

Contact your local DHEC Public
Health Clinic or visit the website at
www.scdhec.gov/menshealth

American Cancer Society (ACS):

1-800-227-2345
www.cancer.org

**Centers for Disease Control
and Prevention (CDC):**

1-800-232-4636
www.cdc.gov

National Cancer Institute (NCI):

1-800-4-CANCER
(1-800-422-6237)
www.cancer.gov

Prevent Cancer Foundation (PCF):

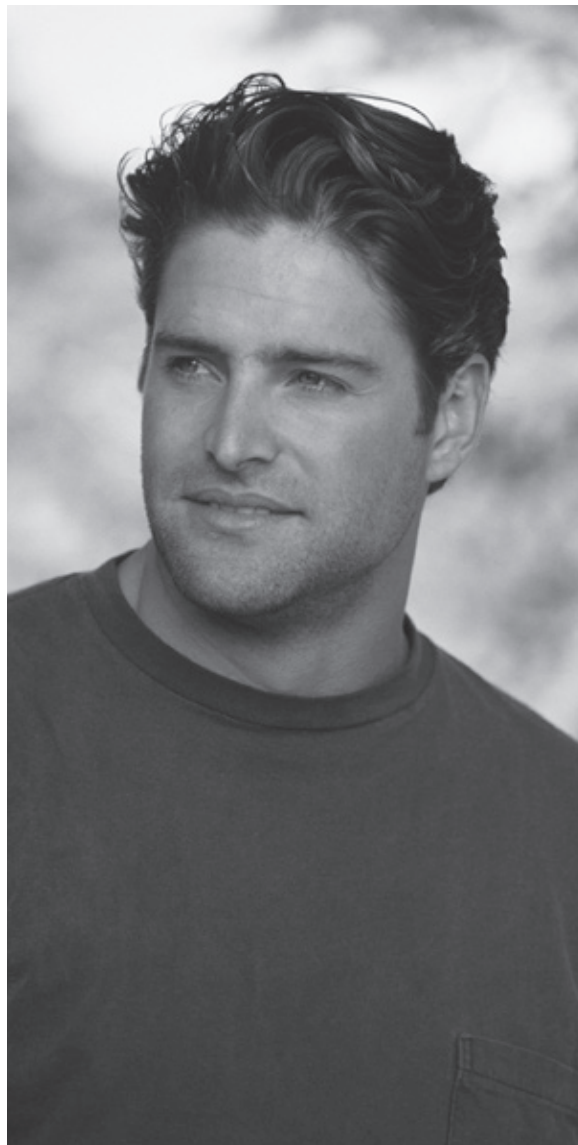
1-800-227-2732
www.preventcancer.org
Provides easy-to-understand
information about testicular cancer
and suggests ways to lower your
cancer risk.



South Carolina Department of Health
and Environmental Control

www.scdhec.gov

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Could I Have
**Testicular
Cancer?**

*Testicular Cancer
and Self Examination*

What is testicular cancer?

- Testicular cancer usually occurs in **men between the ages of 20 and 34**, but it can affect males of any age including infants and elderly men¹.
- Testicular cancer can be in one or both testicles.
- Testicular cancer is highly treatable, and usually curable, **especially if it is found early**.

Who is at risk?

- Men who have a testicle that moves down partially or not all the way
- Men born with a birth defect or unusual testicles, penis or kidneys, as well as those with an inguinal hernia (*when tissue pushes through a weak spot in the groin muscle and the bulge may hurt or burn*)
- Men with a personal or family history of testicular cancer

REMEMBER: A three-minute testicular self-exam could save your life.

How is testicular cancer found?

Men find most testicular cancers themselves, by accident or when doing a testicular self-exam. The American Cancer Society (ACS) recommends a testicular exam by a doctor as part of a routine cancer-related check-up. Between regular checkups, if a man notices anything unusual about his testicles, he should talk with his doctor right away.

Why do a testicular self-exam?

By performing a monthly self-exam, you will know how your testicles normally feel. If you find an abnormality, you can quickly talk to your doctor for further testing. The earlier testicular cancer is found, the better the chances that it can be treated. If treated early, the majority of testicular cancer cases can be treated and cured. Self-exams are recommended for men ages 15 through at least 50.

When should I do a testicular self-exam?

The best time to do a testicular self-exam is during or right after a warm bath or shower when the skin of the scrotum is loose. Do it the same day every month so that it becomes a habit.

How should I do a testicular self-exam?

1. Stand in front of a mirror and hold the penis out of the way.
2. Hold one testicle between the thumbs and fingers with both hands and roll it gently between the fingers.
3. Look and feel for any hard lumps or any changes in the size, shape or texture of the testes.
4. Repeat the exam on the other testicle.

Be aware that the testicles have blood vessels, supporting tissue, and tubes that carry sperm and that some men may mistake these for a cancer.

¹ ACS Jan. 2015